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CHECKLIST FOR PATIENT BEGINNING ALLERGY SHOTS

Medication restrictions:

One week prior to starting allergy shots, avoid those medications that you were asked to avoid prior to the skin testing.

- Antihistamines like Benadryl, Allegra, Zyrtec, and Claritin
- Cold/Allergy/Sinus preparations
- Over the counter sleep aids: (i.e., Tylenol PM)
- Green Tea
- Herbal supplements

EpiPen:

Have your EpiPen prescription filled and bring the EpiPen to the appointment. You will be instructed on how to use it and required to have it with you at each subsequent injection.

Clinic information:

If you will not be getting your allergy shots at our clinic, you must provide the name, address, and phone number of the clinic where you will be receiving your shots. It is a good idea to call your hometown clinic to be sure of the days and times they offer shots.

**IF ANY OF THE ABOVE INSTRUCTIONS ARE NOT COMPLETED, WE MAY BE
UNABLE TO START THE ALLERGY SHOTS ON THE SCHEDULED DAY.**

**Thank you for doing your part
in making this first day a success!**